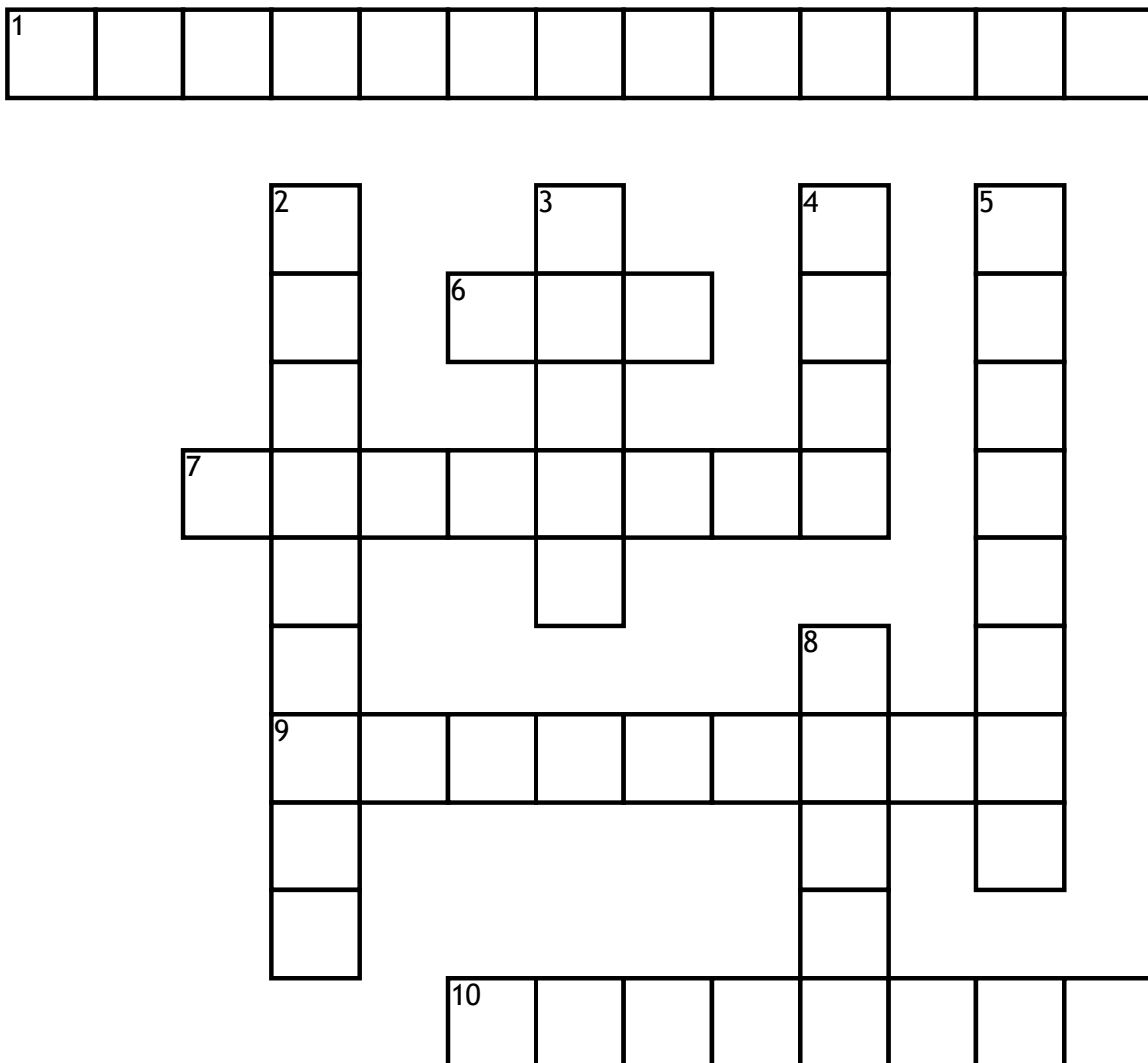


Nutrition



Across

- 1. Sugars and starches contained in food.
- 6. Your body is like a ?
- 7. Nutrients that provide the building blocks your body need for growth.
- 9. Process of taking in food and using it for energy, growth, and good health
- 10. Elements in foods that help your body grow.

Down

- 2. substances in food that your body needs to carry out normal function.
- 3. What is essential to life?
- 4. nutrients found in fatty animal tissue and plant oils.
- 5. Nutrients that helps regulate body functions.
- 8. Tough, stringy, part of raw fruits, raw vegetables, whole wheat and other whole grains. at